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can become one."

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"If I didn't
have
freedom
from
torture now
I would be
homeless"



The newsletter for Freedom Torture Supporters Issue 83 Spring 2022

FREEDOM SURVIVOR

FREEDOM SURVIVOR
EMPOWERING LIVES
SERVICES, REBUILIDING,
TORTURE



Please recycle all items after use
This newsletter has been printed on
paper produced from responsible
sources: a mixture of FSC certified
forests, recycled material and
controlled wood.

All articles feature true stories about people you have helped
but names have been changed and models are used in
photographs to protect the identity of survivors.

freedomfromtorture.org
facebook.com/freedomfromtorture
twitter.com/freedomfromtorture

Registered charity number in Scotland: SC039632
Registered charity number: 1000340

111 Isledon Road, London N7 7JW or call 020 7697 7788
please email info@freedomfromtorture.org or write to
For more information about Freedom from Torture

Freedom from Torture is dedicated to healing and
protecting people who have survived torture. We provide
therapies to improve physical and mental health, we
medically document torture, and we provide legal and
welfare help. We expose torture globally, we fight to hold
torturing states to account and we campaign for fairer
treatment of torture survivors in the UK.



12	great street feast this summer
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Sonya Sceats,
Chief Executive

Sonya Sceats

Thank you,

survivors of torture and I am so grateful for that.
Here at Freedom from Torture, supporters like you are
inspirational. Their recovery is proof that with care and
they are from. Their strength is a constant source of
break their silence and feel whole again, wherever
support helps people who have survived torture to
in this edition you can see how your incredible
lives.

torture need to regain their strength and rebuild
that we can provide the expert care survivors of
to feel safe again. It is only thanks to your support
Afghanistan, you have shown that everyone deserves
whether they come from Syria, West Africa, or
Ibrahim whom you can read about in this newsletter.
world they come from. People like Patricia, Jean and
survivors of torture to recover, no matter where in the
make it to safety in the UK. We will continue to help
the rise. We stand ready to offer support to those who
millions flee for their lives, reports of torture are on
have seen distressing headlines of war in Ukraine. As
since the last time I wrote to you in The Survivor, we

Foreword



There's still time to support people like Momo by donating to the Emergency Relief Fund. Visit: www.freedomfromtorture.org/TheSurvivor, make a donation using the form included, or phone: 020 7697 7788.

EMERGENCY SUPPORT FOR EVERYONE WHO NEEDS IT

Torture survivors and refugees like Momo often have nowhere to turn when their limited budget has to cover everything from bus fares to clothes and food for the week. Thank you for being there.

Momo said: "If I met supporters today, I will tell them, thank you for everything they are doing for people who live in this country without family, who live in this country without hope. I just have to thank them for everything they are doing for us, and God bless, God bless them."

You make such a difference to the lives of torture survivors. You show them that here in UK, we care.

You have shown that people who have been through torture deserve our compassion and support and your UK systems can feel hostile.

MOMO

"For me, it's helped a lot. Now I can just cook and put it in the freezer, because then I can spend a week without needing to buy things outside. Once I'm hungry, I eat."

Your generous gifts to our latest appeal meant Momo could afford to buy ingredients to make hot meals at a time when he had nothing else.

Supporters like you who generously donated to our Emergency Relief Fund made this happen.

Emergency Relief Fund to cover a week's essentials has now increased from £35 to £40. Thanks to you, the amount survivors receive through our hardest. Your response to our appeal was extraordinary. Further in to crisis, as they hit the poorest in our society the recent rising costs of living have pushed people like Momo

forced to live in poverty, not knowing where their next meal will come from. Received vital help through our Emergency Relief Fund. Many survivors of torture are forced to live in poverty, not knowing where their next essentials to survivors like Momo who have nowhere else to turn.

In our last appeal, you provided urgent help and basic

thanks to your incredible support, hundreds of survivors of torture like Momo have

EMERGENCY RELIEF FUND APPEAL 2021

Thank you for your donations

family worldwide. Contact Emma on Ehamilton@freedomfromtraure.org or call on 020 7697 7810.

We are also excited to launch our online in memory garden, a special website to remember your loved ones and raise funds for torture survivors in their memory. It's easy to set up, write personal messages with friends and family worldwide. Contact Emma on Ehamilton@freedomfromtraure.org or call on 020 7697 7810.

OUR FREEDOM GARDEN, IN LOVING MEMORY



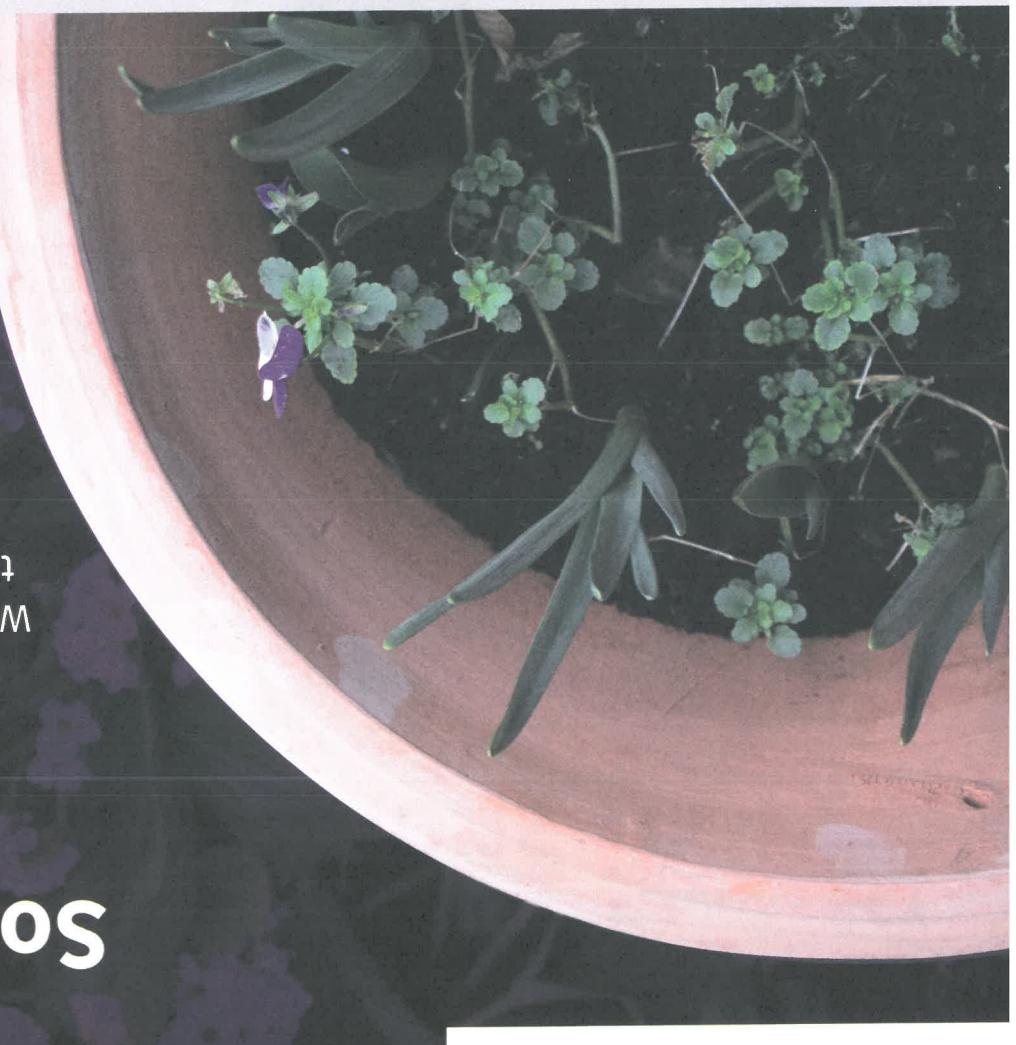
Thanks to you, Rasheed feels so much better and wanted to share his story. We will be in touch soon with our 2022 summer gardening appeal to tell you more about the new plans and how you can help fund places for survivors. Thanks to you, Rasheed feels so much better and wanted to make friends and share their pain. Able to get outside in our beautiful and safe grounds after spending so much time in small flats or bedsits, they were able to make friends and share their pain. Therapy to help heal their lives after torture. They were incredible opportunity to receive life-changing gardening therapy to help heal their lives after torture. They were able to get outside in our beautiful and safe grounds after spending so much time in small flats or bedsits, they were able to make friends and share their pain.

Unfortunately we had service is about to restart! that, thanks to your support, we are delighted to announce a new gardening therapy service is about to restart! Pandemic, but soon survivors will be able to participate in garden therapy again.

Sowing seeds of hope for survivors

That's why I like it." And whenever you are sharing, you feel a bit more free. mind, for relaxing. When you talk, whenever you are feeling you are having a great time and it is very good for your way to access therapy. He said "When you are in the garden, from depression Rasheed joined the group as a totally new at just 14 years old to escape the Taliban. After suffering many people, people like Rasheed who fled to the UK alone gardening therapy has had such an incredible impact for so many people, travel to get there and interpreters - and we need your help to fund the programme. supplies, ready to go but we still have many extra costs for therapy volunteer. The therapy is all set up and facilitated by Karen and a horticultural group followed by 16 weeks of gardening running sessions every week. The newly developed programme consists of a 4 week introduction and with an outside garden and a specialist horticultural therapist, Karen, who will be taking place in our main centre in London with an outside garden and a specialist

Sowing seeds of hope for survivors





Because of your generosity, Patricia can now feel hopeful again. With your support, she can once again focus on what's important to her. Thank you.

PATRÍCIA

“Thanks to Freedom from Torture I can travel to therapy sessions. That makes me feel good, because they’re the only places I feel safe.”

When Patricia, 28, spoke out against the corrupt government in her country, she was kidnapped from her workplace, tortured and beaten. She had to leave her whole life behind to escape, but thankfully you helped her.

"If I didn't have the support from Freedom from Torture now, I would be homeless."

E40 can help fund an emergency payment for a destitute survivor

HOW YOU CAN HELP

"I was going through a lot of things at the same time. Now I have someone I can talk with. You're just free to say what's going through your mind, through your heart. And that's good. I don't know if I can live without the therapy again, because it's very helpful for me. The way Maya is there, she's always there.

Back home, Patricia was surrounded by extended family. She was an ambitious graduate and a member of one of the most prominent opposition parties in the country surviving most of the time. She was repeatedly detained, tortured and sexually abused at the hands of state police for several days while at work, taken away and beaten for two days. Following this vicious attack, she was forced to leave her home and flee to find safety with her brother in the UK.

Fleeing isn't an easy option. Patricia said "It's more difficult long, tough process which has left Patricia feeling stressed, anxious and depressed. Your support has meant so much to her. Thanks to you, she found freedom from torture and we could offer welfare guidance and financial support through our Emergency Relief Fund. Patricia said "If I didn't have the support from Freedom from Torture now, I would be homeless".

The first thing Patricia, 28, noticed when she arrived in the UK was just how cold it was. It was winter in London and Patricia had been forced to escape her home country of the Democratic Republic of Congo (DRC), a place she remembers fondly. "It's a very hot country and people are so lovely. We love music, we love dancing, we a love party. It's a nice country."

Togther we stand with refugees

Share this newsletter in your community or with friends and family so they can learn about what refugees face in the UK.



Sign up to receive our latest emails to take part in live campaigns. Simply tick 'yes', under emails on your donation form.



Follow us on Facebook and Instagram to share our messages of hope – not hostility.



There is always time to tell the government that you welcome refugees and your voice always counts. You can:

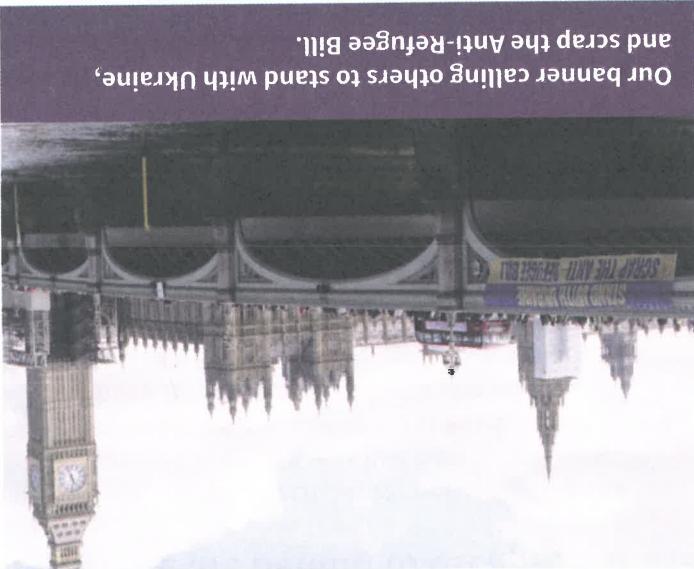
MORE INFORMATION

It doesn't matter what we look like or where we come from – we are all human, we all deserve to feel safe. Supporters like you are kind and compassionate and have shown you want to welcome, not punish, people fleeing torture, war and persecution. From families across the UK, to hundreds of organisations, to the House of Lords – people are united against the hate that the Nationality and Borders Bill represents.

It isn't just Ukrainians that need our help – there are people all over the world who are seeking safety from torture, war and persecution who deserve a chance at better life. People like you, we unfurled a huge banner on Westminster Bridge in London, in view of UK Minister of State for Ukrainian refugees from political parties, with some important words. To show the support for Ukrainian refugees from survivors hope that people care, and want to help. organisations and almost 200,000 signatures. It gives

Ukraine to find safety. Thousands of families have ever imagined with 129 co-signatories from other like you came together showing their support for refugees with compassion. Earlier this year, thousands of supporters with you said 'no' to the government's cruel Nationality and Borders Bill. The campaign grew bigger than we could have ever imagined with 129 co-signatories from other like you chose to flee torture, war and persecution. From families across the UK, to hundreds of organisations, to the House of Lords – people are united against the hate that the Nationality and Borders Bill represents.

The best way we can do this is as part of the biggest campaign for better lives for survivors; this attack on the rights of refugees. We will continue to show kindness and empathy to refugees and you to show empathy to refugees. Thankfully we can rely on supporters like coalition in British history to defend the rights of all people fleeing torture. Earlier this year, thousands of families have ever imagined with 129 co-signatories from other like you chose to flee torture, war and persecution. Recent news that thousands have had to flee Ukraine to find safety. Reminds us that no one chooses to be a refugee. Supporters like you have chosen to respond like you have chosen to flee torture, war and persecution. When you came together showing their support for refugees with compassion. Earlier this year, thousands of supporters with you said 'no' to the government's cruel Nationality and Borders Bill. The campaign grew bigger than we could have ever imagined with 129 co-signatories from other like you chose to flee torture, war and persecution. From families across the UK, to hundreds of organisations, to the House of Lords – people are united against the hate that the Nationality and Borders Bill represents.



In March, the House of Commons voted to pass one of the cruellest parts of the Nationality and Borders Bill, Clause 11, which will punish people fleeing war and torture, just because they made their own way to safety.



You helped Director of Survivor Empowerment Nadine Tunasi from Survivor Survivors Speak Out to deliver a successful petition in history to parliament. Our most successful petition in history to parliament.

1 | finish my day at 5pm unless I'm on duty cover.
2 | That means I receive calls out of hours from clients facing an emergency or in urgent need of our help.

- End of day -

It takes some time. Especially for those with children. But our clients are resilient, they don't like to be left sorry for. We are not here to rescue them. We are here to help them to regain their own strength.

A feeling of safety is very important for survivors of torture. It's important they feel they are welcomed here. Freedom from Torture plays a big role in this. We make them feel that they are safe, they are not alone. We are here to build bridges – to support them.

Afternoon sessions -

We have a weekly team meeting with other clinicians to discuss cases and client progress.

Meeting

When everyone is in the centre, colleagues and I meet in the staff room and have lunch or coffee together. As therapists, we know how important it is to look after ourselves, as they say you are what you eat! I usually

Lunchtime -

- Very session is a confidential space where they can talk about their experiences but also what's happening in daily life.
- Thanks to your support we help them to make a reconnection.
- Your donations mean we can offer them different techniques: breathing, grounding, how to manage symptoms like panic attacks.



**Regaining strength, reconnection
and recovery through therapy**

can cover a therapy session with two specialists staff - one therapist to guide the person talking about their trauma, and one interpreter to help them speak freely

Can cover the cost of one race-to-race therapy session with a specialist from Torture therapist like Emine

HOW YOU CAN HELP

Our clients come to this country following difficult journeys, detention and torture, each of them has really bad experiences, and these stay with them. Talking therapy is just one way of to reduce the impact of the bad experiences they endured in the past. Often they are not aware they are affected in daily life. For example, many clients suffer when hearing police sirens, many can be fearful for no reason, or they can't eat, because this is the physical reaction to their trauma.

Morning break - I like to take a coffee break in the Freedom from Torture garden, in the fresh air, looking at the plants our survivor gardening group have planted. It gives me a nice feeling.

Morning sessions - Because of the generous donations we receive from supporters like you, we use a variety of therapies at Freedom from Torture. In a psychological therapist's office or in a group session, we can explore your experiences of torture and trauma, and work through them. We can also offer relaxation techniques, breathing exercises, and other ways to help you manage your symptoms. We can also offer support groups for family members and friends who are affected by someone's torture or trauma. We can also offer support groups for family members and friends who are affected by someone's torture or trauma.

MDR Movement Desensitisation and Reprocessing (EMDR) is another form of therapy that has been found to be effective for many people who have experienced trauma. It involves recalling the traumatic event while simultaneously focusing on a neutral stimulus, such as a sound or a visual image. This helps to reduce the intensity of the emotional response to the trauma.

I start my day at 9am. In total I have about 16 clients. On an average day I would see 3 to 4 of them per day in a mixture of online video calls, and face-to-face sessions. It's really important for our clients to have in-person sessions. During lockdown and the pandemic they had a really hard time psychologically and financially. For survivors who do not speak fluent English we always make sure we see them with an interpreter so they can talk freely in their own language.

Regaining strength, reconnection and recovery

that helped to rebuild my life and become useful to the UK society.”
Wish more survivors of torture could access the support rehabilitation and protection. This is my story and I
for a political reason. We come to the UK with different
refugee skills and qualifications. All refugees need
children or criminal activity, you need to look at the data
invest in these areas to support the community.”
change and show governments where and how they can
behind why this is happening and that’s how you can make
children a refugee for many reasons, in my case

Jean said “No one is born a refugee, but everyone can
become a refugee for the community.”
Jean has finally been able to complete a degree in
Sociology and Criminology with Quantitative Methods. A
the UK, Jean has been granted right to live in

cause. For instance, with the problem of street homelessness
to look into them to try and change things from the root
all over the world, especially in my country and I wanted
very specialised subject which looks into the core roots of
societal problems. As Jean said “There are many problems
the UK, Jean has finally been able to complete a degree in
After years of therapy and being granted right to live in

trying and that is how I live my life.”
can give up; So I chose to try. All you can do is keep hope by
struggles in life; one, is we can try every time and one is we
said to me, “There are only two ways to think about

confidence to get through what happened. My therapist
was a broken man but freedom from Torture gave me the
luckily, Jean survived and escaped to the UK. He said “I

the corrupt government and he was tortured.
As a popular Church Pastor he was seen as a threat to
positive, safer future for themselves and their country.
in corrupt government schemes and work to a more
work encouraging young people not to get involved
safer place. He helped open accessible free schools
for thousands of children and underprivileged youth

in the DRC Jean wanted to make his country a better,

and help the society to get better.”
is rehabilitated, it can achieve more
share his story. He said “When a life
completed his degree, he wanted to
he has refugee status and has
regular therapy sessions. Now
Torture, he was able to attend
donations to Freedom from
Thankfully, because of your
UK traumatised and broken.
free for his life. He arrived in the
he was tortured and forced to
Democratic Republic of Congo (DRC) when
leader and church pastor in the
Jean, 50, was a community



“No one is born a refugee, but anyone can become one”



www.freedomfromtorture.org/agiftinyourwill
ehamilton@freedomfromtorture.org or visit
Emma Hamilton on 020 7697 7810, email
in your Will or our Free Will Service call
For more information about leaving a gift
really grateful.
are able to support our work in this way we would be
choose to include a gift to Freedom from Torture. If you
solicitors across the UK, and most people who use it
cover the cost of a simple Will through participating
Our Free Will Service is for anyone aged 55 or over. We

FREE WILL SERVICE

keep fighting for a torture-free world.
most deeply. Your values will live on - we promise to
a Will can help further the causes about which you feel
as well as protecting the interests of your loved ones,
relatively privileged".
mother's family were well off so my refugee status was
Occupation and the beginning of the Greek Civil War. My
to England via Egypt in 1945 at the end of the German
family from the island of Chios. He recounted, "we escaped
Greek family based in Salford and his father from an old
Alexis was born in 1940, his Mother was an Anglo-
the start of 1989 and we've been together ever since".
Australia. I came back to the UK in 1987. Alexis and I met at
extensively, including an overland trip and 8 years in
hard life was for them. Only now do I begin to realise how
had three small children. Only now do I begin to understand
accommodation for the next 10 years, by which time they
have pledged a gift in their Will. They share their stories below.

Long-time supporters of Freedom from Torture for more than 20 years. We
M believe that those who flee unimaginable
horrors in their own countries deserve
sanctuary, support and kindness here. We have left
the organisation a gift in our Wills because we trust
them. We all deserve to live with hope and
The gift is for people who will never know us, or we
understand our wishes".

in the Exeter Blitz of 1942 had to endure sub-standard
World War and said "My parents who were made homeless
Maggie was born in Exeter at the tail end of the Second
would like to be treated;".

MAGGIE AND ALEXIS

"We both believe in having
towards others as we ourselves
would like to be treated."

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World War and said "My parents who were made homeless
Maggie was born in Exeter at the tail end of the Second
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The gift is for people who will never know us, or we
understand our wishes".

Your legacy gift provides sanctuary,
support and kindness
Long-time supporters of Freedom from Torture, Maggie and Alexis,

IBRAHIM

“It really helped me a lot.”**“That’s not the end of your life.****cool your mind down, You know,****from Torture Encouraged me to****damage in Your mind. Freedom****You. That can be causing more****about the past, what’s wrong with****“I learnt in therapy not to think**

because it was a February night.

So on that night I just slept on the street, but I felt cold

I said, How can I go? I don’t know where I have to go.

He said to me, Oh, it’s time to close the shop now!

able to speak the language he asked a shopkeeper for

abandoned by the strangers. Scarred, isolated and barely

forced to leave his wife behind. When he arrived, he was

who took him on a dangerous journey to the UK. He was

Nigerian coming countries were not safe, so Ibrahim was left

if he stayed in the country, he would certainly be killed.

Soon after his release he was told by a police officer that

and had cigarettes put out on his body.

tortured. He was held in a cell for many days, beaten

opposition group, and for this Ibrahim was arrested and

is your dad?” His father was a member of a political

our backs, shouting, Lay on the floor; Where

come, put us on the floor, they put our hand on

scared, when they broke the door down, they

hey were violent and brutal. Ibrahim said “I was

knocking on his door.

and family. One day, the police came

enjoyed spending time with his friends

business with a friend. He had a wife, and

Guinea. Back home, he ran his own

Ibrahim, 26, is a survivor of torture from

Can you help torture survivors like Ibrahim receive specialist therapy?

Like Ibrahim receive torture survivors

HOW YOU CAN HELP

E31 someone like Ibrahim
can cover the cost of one therapy session for

E15 across the UK for someone in need of therapy
can cover the cost of travel to one of our centres

Your donations can help Ibrahim to continue receiving the
vital therapy he needs to recover from his experiences,
and begin to progress his life.

Your donations can help Ibrahim to continue receiving the
than before.”

still coping I’m not 100%, maybe like 60% more better
I feel like a normal person now. But even though I am

He says: “Freedom from Torture, they changed my life.

House asking for me.”

spoke with my wife, she told me the police came into the
a problem for me. So I fear about my life. The last time I
because I worry what if I am going home? That would be
“Now I feel safe, but I just worry about how long I’ll be –

memories of his past.

Even with this support, he still lives with the traumatic
She is helping me a lot.”

therapist is always encouraging me, don’t give up my life.

He explained “For now, it’s helping me because my
to cope day by day with the help from therapist.

While things are still very difficult for Ibrahim, he is able
difference.”

Ibrahim said “Right now, in my life, I feel like I’m secure
now and safe. Freedom from Torture makes a very big

reached support from Freedom from Torture for two years.

Your donations mean a lot to Ibrahim. Thanks to you, he has

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Torture survivor and refugee chef **Nafa**, originally from Sri Lanka, will be creating dishes from her homeland. Nafa rediscovered her love of cooking after joining Freedom from Torture's therapeutic baking group, and since finishing her rave reviews, providing delicate sweet treats to finish.

Esla Mustu, interpretation of traditional Iraqi food and **Esla Mustu**, whose Istanbul-inspired restaurant Zaher has opened to rave reviews, offering a distinctive and modern interpretation of Juma Kitchen, offering a contemporary Spanish cuisine; **Philip** renowned for its contemporary Spanish cuisine; **Cesar Garcia** from the Ottoman Test Kitchen; **Cesar Garcia** of America bringing a Mauritanian twist to some of the unique ideas from the Ottomans' Test Kitchen; **Anton Mangano** who is and BBC's Saturday Kitchen; **Chaya Maya** of Ottoman and BFTAs' "chef to the stars"; **Chaya Maya** of Ottoman Club for you! Chefs include **Paul Merrett** of Century Club curated the ultimate menu of gourmet street food just for the food? Our lineup of culinary talent have And for the food? Our lineup of culinary talent have their illustrious careers on stage and screen.

Steveinson and broadcaster **Natascha Kaplinsky** to be joined by award-winning actor **Juliet** from around the world, and we are so excited

This exclusive event celebrates food and cultures who will be sharing vital memories and stories from

in celebration of Refugee Week 2022. Our award-winning Great Street Feast is returning to London's BAFTA HQ in Piccadilly at 7pm on Wednesday 22 June raising vital funds for survivors.

Join us for an evening of gourmet street food and entertainment in celebration of Refugee Week 2022. Our award-winning Great Street Feast is returning to London's BAFTA HQ in Piccadilly at 7pm on Wednesday 22 June raising vital funds for survivors.

This exclusive event celebrates food and cultures who will be sharing vital memories and stories from chefs including **Paul Merrett** of Century Club for the food? Our lineup of culinary talent have their illustrious careers on stage and screen.

TICKETS ARE ON SALE NOW!

Book your tickets today. Our Great Street Feast is sure to be an evening you will not forget!

All the proceeds from this event will go to funding the specialist support that only Freedom from Torture can offer. Survivors are like our therapeutic baking group, where overcomes their trauma using the therapeutic process of baking bread.

Kitchens across London. This exclusive menu is one not to be missed.

Therapy with us has gained experience working in top hotel

Top chefs and survivors cook together at the Great Street Feast this summer

